



Do you ever feel like a fake or a fraud like you're gonna get found out, you get to learn what to do about imposter syndrome right now. Welcome to "52 Weeks of Hope." This is where you get to hear how to feel happy, balanced, and worthwhile, how to make that lonely ache vanish, and feel empowered, confident, and secure. I'm Lauren Abrams, and I get to help you feel that magic again, since going through my own "dark night of the soul" by chatting with incredible leaders, healers, and elders who give us their messages of hope after overcoming challenges of their own.

Today, I'm gonna discuss imposter syndrome. I've been on a lot of podcasts lately, and I keep being asked about imposter syndrome, and I realized we haven't talked about it right here on "52 Weeks of Hope." I've written articles about it on the website, but it comes up constantly so I wanna give you some tools when it comes up for you. By the way, if you're suffering from imposter syndrome, you're in really good company.

Meryl Streep, Michelle Obama, Facebook Sheryl Sandberg, they all suffer from it, and they're very outspoken about it. Maya Angelou, she used to talk about it. She has a quote, she wrote 11 books, but each time she'd think, "Uh-oh, they're gonna find out now. I've run a game on everybody, and they're gonna find me out." So, even Maya Angelou suffered from imposter syndrome.

I have some questions on imposter syndrome. There's a quiz on it. There's a link on my website at 52weeksofhope.com, if you wanna take a quiz. But, you don't need to take a quiz, you know when you suffer from it, you get that feeling like, "Oh my gosh, they're gonna find out." Now, you're about to start a new job, and you think you're not qualified.

I can remember I was in a courthouse, I don't remember if I was in trial, or I was just showing up for a hearing, or what it was. I've been practicing a good 10 years and, I was thinking, "Oh, my God, all these people, they think I'm a lawyer." I am a lawyer, I've been practicing for 10 years. I went to...go to the schools and everything else, but, I think I'm good at, like I'm faking being a lawyer. Or, I'm momming, or we're adulting, and things like that. There's terms



for it now, but I can remember being on a playground with my kids and thinking, "Check me out. I'm acting like a mom with these little people," anyway.

Even when I started my podcast, I can remember being on a Zoom call with all the little boxes, and you can tell when people are texting and stuff on Zoom. And I saw two people, they were texting, and I thought they're texting each other and they're talking about me. And they're talking about, "Did you hear Lauren started a podcast?" And, "Who does she think she is starting a podcast?" This is all happening in my brain, by the way, I have no idea if they were even texting each other, but when did I become that self-centered of a person thinking that people are texting about me? Anyway. Yeah, it's all a form of imposter syndrome. And it's just fear, and I'm not minimizing fear. But it's all fear-based and when we suffer from fear, when you suffer from fear, the only way through is through. It has to be walked through.

Oh, some of the questions on the website, by the way, with the imposter syndrome quiz is do you think, if I can do it, anybody can do it? Or do agonize over the smallest flaws in your work? And do you think if anyone can do it? If I can do it, anyone can, even deep inside. Or, if you succeed, do you secretly feel like you fooled them again? Those are some of the questions. But, again, I don't think it's necessary to take a quiz for imposter syndrome. I think we know when we suffer from it.

And, personally, I think, women have imposter syndrome a lot more than men. I have no scientific basis whatsoever for that, it's just a feeling that I have. And, growing up, I could be a chameleon and I think a lot of people have that where you just change into whatever someone needs you to be, but one of the advantages of getting older is just that to "to thine own self be true," and just to be your authentic self, just whatever iteration that is as you change. And to know that, feelings aren't facts, and just because you feel like you're some kind of an imposter or fake, it doesn't mean you are one. It just made you feel like one. And, in a few minutes, I'm sure you're gonna feel like something else anyway, that feelings pass, like who knew?



Uncomfortable feelings don't last forever. They just move along. And that feelings do have a life cycle that, in fact, feelings peak for five minutes. They're going to pass. And if you can feel where you feel it in your body, like actually sit still, close your eyes, and feel where in your body you feel the feelings, and feel where they pass through, then you're actually creating new neural pathways. I just think that's really cool.

So, imposter or not you can feel the feelings and feel where they move along, and then create those new neural pathways. And that fear is just moving right along, and you get to go through it. So I was taught that fear is false evidence appearing real. It's not real, it's just a blip on the screen, and nothing real is happening. So, if you got the job, that relationship, you've started a business, or even like with me a podcast, whatever it is, you are supposed to be there. You are there for a reason, so enjoy it and know it is where you're supposed to be, you really are. Don't listen to the negative voice telling you otherwise. Thank you for sharing and move along because it isn't real. You deserve to be in your greatness. As Angela Manuel-Davis reminds us, "If you can see it, you can be it. God didn't put that dream in your head for no reason, so enjoy the good."

No one is talking about you. You've got this, you're killing it. You're supposed to be there. So, yeah, that is imposter syndrome pretty much in a nutshell. You think you're a fake, you're a fraud, but it's not true. It's fear. It's fear telling you that you're a fake. And no one can do what you do exactly like you do it. No one has your handprint, only you, and only has your unique voice, your unique vision, your unique handprint, footprint, whatever you wanna call it.

And so you got that job, you're supposed to be there, show up, and just be you. Imposter syndrome is called imposter syndrome for a reason. You're not an impostor, you're you. So, if you have any other questions, just go ahead and drop me a line at 52weeksofhope.com, I will see it on there, or join our Facebook group. We're doing a really fun breathing workshop where we're all doing that over Zoom, so join us there. We'd love to have you. And next month, we're doing a group tapping session. So we're doing different modalities every month so I would love just to have you join us in there.



It's so much fun to just be ourselves, no matter where we are. I was at a wedding last night, and before I went I was talking to somebody like, "What are you wearing, this and that?" She said, "I'm wearing something flowy because I don't feel like holding my stomach in." And I thought, yeah, I just love that. And so when I was there, I didn't know anybody going hardly at all.

I just connected immediately with this one girl, and we were just talking about something fabulous about everybody as they walked in. And I love that I now attract somebody else that's that upbeat. She's like, "Look at that person's shoes, look at her smile, look at her energy." I mean, I connected with somebody. We were looking for the good in every single person who came in, and that to me is just fabulous as it gets.

So look for the good, there is something good everywhere. Also, I have a, now that I'm thinking about the different articles on the website. I wrote at the beginning of the pandemic "7 Things to Feel Better." Seven things you can do to feel better right now. And there's things like just put your feet in the dirt, go outside, and put them in the ground. There's something about grounding that it rejuvenates ourselves, our souls, and makes us feel better.

If you're not able to do that, if you just put a smile on your face, even if it's fake, it stimulates endorphins and makes us feel better. Maybe, not as much as like dancing around. That can do it, just dancing and singing. I mean, granted, if you're around me, and I'm singing, people generally beg me to lip-sync. Scott actually sings worse than me. I think, although, it's a bit of a contest, but, all right, we could clear room together. But there's things like that that you could do to feel better immediately. That's on the website.

So there's a lot of things you can do, but what we focus on grows, and it does tie into the imposter syndrome. Because we could get really caught up, and go, "Yeah, I don't deserve this. I'm not all that," and get sucked into it, and just go there if we want. Because we always have a choice, or we can focus on, like I am great, and I'm gonna kill it. Because you can kill it, you are killing it. You are there for a reason, and you're great. And so you have a choice. There's



always a crossroad of choice of what you want to focus on, whatever we focus on grows, that's just a truth.

So focus on the good, focus on the positive. Go, watch a baby or a dog, and either those couldn't cheer you up immediately. Put on one of your favorite songs, put your feet in the dirt. Put on a smile, walk for five minutes, and walk around the block in an opposite direction. Do something in the opposite way that also, besides growing a few brain cells, that can do a lot of good. So, hopefully, you got something out of this. You are not an imposter, you are great. And, if you have any other suggestions, let me know, have the most fabulous week. Yeah, join us over in the Facebook group. I'd love to get your feedback on this, or just at 52weeksofhope.com. Thanks for listening. I'm Lauren Abrams.